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# United States Food Administration

WASHINGTON, D. C.

OCTOBER, 1918

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## FROZEN DESSERTS FOR ONE HUNDRED

Tested in the Experimental Kitchen  
of the U. S. Food Administration  
(Home Conservation Division)

### SUGAR SAVING ICE CREAMS

FOR INSTITUTIONS

(Approximately 5 gallons)

#### METHOD OF COMBINING SWEETENERS WITH LIQUID

When sugar or confectioner's glucose are used with cane sirup, honey or maple sirup, bring all of the sweeteners to the boiling point in order that they may be more easily combined with the liquid, then add gradually the cold liquid and flavorings.

As both honey and maple sirup are slightly acid, the cream or milk may curdle especially if they are not strictly fresh. This will not affect the final product as the mixture is beaten smooth during the process of freezing.

#### FREEZING MIXTURES

Use three level measures of ice to one of salt. Pack solidly around can and turn slowly and steadily until frozen to a slush. Then turn more rapidly until the mixture is frozen. When frozen, draw off part of the salt water, remove the dasher and place cork tightly in lid, and pack freezer with ice and salt.

If the cream is not to be served for some time, it may be necessary to repack the freezer.

Cover freezer with newspapers to prevent rapid melting.

#### PLAIN ICE CREAM

25 per cent sugar.  
75 per cent other sweetener.  
3 gallons thin cream.  
1 pound sugar.

4 pounds glucose, corn sirup, honey or maple  
sirup.  
 $\frac{1}{2}$  cup vanilla.

When honey or maple sirup is used the product will be sweeter than with glucose or corn sirup. Vanilla may be reduced one-half when maple sirup is used.



4 pounds light sirup.  
1 pound 6 ounces honey or maple sirup.  
 $\frac{1}{2}$  cup vanilla.

3 pounds light sirup.  
3 pounds honey or maple sirup.  
 $\frac{1}{2}$  cup vanilla.

1 pound 6 ounces light sirup.  
4 pounds honey or maple sirup.  
 $\frac{1}{2}$  cup vanilla.

$\frac{1}{2}$  cup vanilla if honey is used. If maple sirup is used the vanilla may be decreased or omitted.

3 pounds light sirup.  
3 pounds honey or maple sirup.  
2 quarts unsweetened peach pulp.

If sweetened fresh fruit or canned fruit is used, use for sweeteners 4 pounds of light sirup and 1 pound 6 ounces honey or maple sirup.

1 pound 6 ounces honey or maple sirup.  
2 quarts pineapple juice and diced fruit.

3 pounds light sirup.  
3 pounds honey or maple sirup.  
1 pound chocolate.

Heat 1 quart of the cream in double boiler and add the sweetening agents, and the melted chocolate. Stir until smooth and add to the rest of the cream.

3 ounces cornstarch.  
6 quarts thin cream.

Heat 5½ quarts milk in a double boiler or steam kettle. Add the desired sweetener. Add carefully the cornstarch mixed with ¼ quart of milk. Cook for 15 to 20 minutes, stirring constantly. Pour about 2 cups of the hot liquid over the slightly beaten eggs, stirring carefully. Stir into the first mixture and cook for several minutes, cool, add cream and desired flavoring and freeze.

1 pound light sirup.

Blend the above into a smooth sirup.  
Add to the ice cream base as needed.  
Add the chocolate, fruit juice or pulp or other flavoring and freeze.

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